

# ASD Academic Plan

## Health: 6<sup>th</sup> Grade: Middle School

Glencoe: Teen Health, Course 1

Semester Course: Based on 45 minute class periods

### Learning Outcomes At a Glance

QUARTER 1	QUARTER 2
<p><b>Chapter 1: Your Health and Wellness</b></p> <ul style="list-style-type: none"> <li>Your Total Health</li> <li>Influence on Your Health</li> <li>Building Health Skills</li> <li>Making Responsible Decisions</li> <li>Setting Health Goals</li> <li>Evaluating Influences on your Health</li> </ul> <p><b>Chapter 2: Mental and Emotional Wellness</b></p> <ul style="list-style-type: none"> <li>A Healthy Self-Concept</li> <li>Your Character Counts</li> <li>Expressing Emotions</li> <li>Coping with Stress</li> <li>Emotional Problems</li> <li>Stress and Teens</li> </ul> <p><b>Chapter 3: Healthy Relationships</b></p> <ul style="list-style-type: none"> <li>Communication Skills</li> <li>Your Family</li> <li>Your Friends and Peers</li> <li>Refusal Skills</li> <li>Resolving Conflicts</li> <li>Working Things Out</li> </ul> <p><b>Chapter 4: Nutrition</b></p> <ul style="list-style-type: none"> <li>Your Body's Nutrient Needs</li> <li>Following a Healthful Eating Plan</li> <li>Making Healthful Food Choices</li> <li>Managing Your Weight</li> <li>Choosing Health-Promoting Foods</li> </ul> <p><b>Chapter 5: Physical Activity</b></p> <ul style="list-style-type: none"> <li>Physical Activity and Your Health</li> <li>Creating a Personal Fitness Plan</li> <li>Safety in Sports and Physical Activities</li> <li>Developing a Personal Fitness Plan</li> </ul> <p><b>Chapter 6: Personal Health</b></p> <ul style="list-style-type: none"> <li>Your Teeth, Skin, and Hair</li> <li>Protecting Your Eyes and Ears</li> <li>Choosing Health Products</li> <li>Using Medicines Responsibly</li> <li>Health Care in Your Community</li> <li>Buyer Beware!</li> </ul>	<p><b>Chapter 7: Your Body Systems</b></p> <ul style="list-style-type: none"> <li>From Cells to Body Systems</li> <li>Bones and Muscles</li> <li>Digestion and Excretion</li> <li>Heart, Blood Lungs, and Nerves</li> <li>Maintaining Healthy Body Systems</li> </ul> <p><b>Chapter 8: Growth and Development</b></p> <ul style="list-style-type: none"> <li>Adolescence: a Time of Change</li> <li>Human Reproduction</li> <li>Heredity and the Life Cycle</li> <li>Coping with Changes During Puberty</li> </ul> <p><b>Chapter 9: Tobacco</b></p> <ul style="list-style-type: none"> <li>Tobacco: A Harmful Drug</li> <li>Teens and Tobacco</li> <li>Staying Tobacco Free</li> <li>Taking A Stand Against Tobacco</li> </ul> <p><b>Chapter 10: Alcohol and Other Drugs</b></p> <ul style="list-style-type: none"> <li>The Dangers of Alcohol Use</li> <li>Alcoholism and Addiction</li> <li>What Are Illegal Drugs?</li> <li>Drug Abuse</li> <li>Avoiding Alcohol and Drugs</li> </ul> <p><b>Chapter 11: Preventing Diseases</b></p> <ul style="list-style-type: none"> <li>What Causes Disease?</li> <li>Communicable Diseases</li> <li>Understanding STDs</li> <li>Non-communicable and Hereditary Diseases</li> <li>Protecting Your Health</li> </ul> <p><b>Chapter 12: Safety and the Environment</b></p> <ul style="list-style-type: none"> <li>Personal Safety Habits</li> <li>Safety at Home and Away</li> <li>Safety Outdoors</li> <li>Safety in Severe Weather</li> <li>First Aid for Emergencies</li> <li>Protecting Your Environment</li> </ul>